

Will County SD 92

2025 - 2028



Local Wellness Policy

Table of Contents

Preface.....	1
Wellness Policy Committee.....	2
Wellness Policy Committee Members.....	2
Wellness Policy Committee Responsibilities.....	3
Public Involvement.....	3
Assessments.....	3
Updates.....	3
Records.....	4
Nutrition.....	4
Nutrition Standards.....	5
Classroom Celebrations.....	6
BIRTHDAY Celebrations.....	6
Nutrition Education.....	7
Nutrition Promotion.....	7
Marketing.....	8
Physical Activity.....	8
Physical Education.....	8
Other Opportunities for Physical Activity.....	9
Physical Activity Promotion.....	9
Other School-Based Activities.....	9

Preface

Per 7 CFR 210.31(c), all Local Education Agencies participating in the National School Lunch or Breakfast Programs must establish a Local Wellness Policy. As of June 30, 2017, these policies must meet the requirements of the Healthy, Hunger-Free Kids Act of 2010.

Wellness Policies support student health by promoting nutrition and physical activity, helping schools create environments where students can thrive and succeed.

Wellness Policy Committee

Meeting date: Thursday, June 5, 2025

Time: 9:00 AM - 11:00 AM

Location: District Office Conference Room

Wellness Policy Committee Members

Michelle McGuire, Director of Food Services

Kirsten Frankovich, Superintendent

Dave Blatchley, Asst. Superintendent of Business

Jennifer Fisher, School Nurse

Jeff Kulik, Principal

Breanna Golden, Principal

Amy Ternig, Teacher

Erica Wright, Teacher

Laura Kuczkowski, Teacher & Parent Representative

Lisa Alvarez Castaneda, Parent Representative

Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency (LEA) permits and encourages public involvement in the development, implementation, updates, and review of the Local Wellness Policy. Stakeholders from the general public will be invited to participate in these processes through the following communication methods:

- www.d92.org
- District and School Newsletters

Assessments

Per the **Healthy, Hunger-Free Kids Act of 2010**, Local Wellness Policy assessments must occur at least once every three years.

- Will County SD 92 began assessments in 2017 and will continue on a triennial basis.
- The most recent assessment occurred in July 2024.

Assessments will:

- Ensure compliance with USDA, State, and Local regulations
- Compare the LEA's policy to model wellness policies
- Measure progress in achieving wellness policy goals

Policy Updates

The Wellness Policy Committee shall update the Local Wellness Policy as needed to reflect the goals and needs of the LEA. The following will be made available to the public:

- The current Local Wellness Policy and annual updates
- Triennial assessments, including progress reports
- Board Policy [6:50 School Wellness](#)
- Board Policy [4:120 Food Services](#)

Distribution Channels:

- www.d92.org
- District and School Newsletters
- Letters to Parents

Recordkeeping

The LEA shall maintain records related to the Local Wellness Policy, including:

- A copy of the current policy
- Documentation of the most recent assessment
- Evidence of public availability of the policy and assessments
- Details of policy reviews and revisions, including participant involvement and outreach efforts

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

Youth Obesity (CDC, 2021–2023 Data)

- **21.1%** of U.S. children and adolescents (ages 2–19) were classified as obese.
- This is up from **18.5%** in 2015–2016.
- **Severe obesity** also increased from **3.6%** to **7.0%**.
- These trends show a continued rise in childhood obesity rates nationwide.

Household Food Insecurity (USDA, 2023 Data)

- **13.5%** of U.S. households experienced food insecurity in 2023.
 - Down from **15.7%** in 2017.
- Among households with children:
 - **17.9%** experienced food insecurity.
 - **8.9%** had both adults and children experiencing food insecurity.
 - **1.0%** of households had children with disrupted eating patterns due to lack of food.
- Food insecurity remains a significant issue for families, especially those with children.

District 92 participates in the **USDA's School Nutrition Programs** to provide students with access to nutritious meals and help reduce both obesity and food insecurity.

Nutrition Standards

Meals

- All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternatives, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.
- In addition to the minimum requirements, District 92 offers fresh fruits and vegetables daily.

Competitive Foods

- All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes but is not limited to, vending machines and à la carte items.

Other Foods and Beverages

- The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will encourage food and beverage items that meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Kids Heart Challenge (Grades 2–5)
- PFA Penny Wars
- Podcast-A-Thon
-

Student Rewards, Celebrations, Parties, and Student Birthday

To support student health and align with the district's wellness goals, schools will not use food or beverages as rewards or incentives for academic performance or positive behavior.

In addition, classroom celebrations and parties during the school day will not provide or serve food or beverage items.

Please note: Edible food and beverage treats are not allowed for student birthdays. However, students are welcome to bring in non-edible items such as pencils, stickers, bookmarks, or other small tokens to share with the class.

Key Guidelines:

- No food or beverage rewards may be used for student achievements or behavior reinforcement.
- No food or beverage gifts may be brought in for student birthday celebrations.
- Food and beverages are not allowed to be served at classroom parties.
- Classroom celebrations and parties (e.g., Halloween, Winter) should focus on fun, inclusive activities and physical movement without food or beverages.
- When food is part of an event, it should be:
 - Pre-approved by school administration
 - Limited in frequency (e.g., no more than one celebration per month)
 - Healthy and portion-controlled, following Smart Snacks guidelines

Suggested Non-Food Rewards and Celebration Ideas:

- Extra recess or outdoor time
- Positive notes or calls home
- Stickers, pencils, or bookmarks
- Special classroom jobs or leadership roles
- Dance breaks or music time
- Certificate or award presentations
- Reading a book of choice with a buddy or teacher
- Homework passes or extended time on a favorite activity
- School spirit days or themed dress up privileges
- Additional classroom rewards that focus on activities and experiences

This approach encourages healthy habits and creates a learning environment that promotes student well-being.

Nutrition Education

In accordance with the Illinois Learning Standards, District 92 shall meet all Illinois requirements and standards for Health Education. District 92 shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- *Teen Health* (Grades 6–8)
- Kids Heart Challenge Assemblies (Grades 2–5)
- Healthy lunch discussions in PE classes (MyPlate.gov)
- Team Nutrition, FoodMASTER, and the **Dietary Guidelines for Americans**

Nutrition education occurs:

- In PE (Grades K–5)
- In PE and Health classes (Grades 6–8)

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. Promotion in District 92 includes using Smarter Lunchroom Techniques to encourage healthy eating behavior.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Mealviewer website
- Mealviewer parent app

Farm-to-school efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Various grade levels visit operating farms and apple orchards throughout the school year.

Food loss and waste continue to be an issue facing the nation's food supply. To prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food-sharing plan, in

accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Posted signs at trash receptacles encouraging waste reduction
- The use of “share tables” that enable students to voluntarily share unopened food items

Marketing

District 92 will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79% of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education Requirements

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- **Grades K–5:** Daily PE (30 minutes)
- **Grades 6–8:** Daily PE/Health (42 minutes)

Other Physical Activity Opportunities

- Daily recess/free play for Grades K–5 (30 minutes)
- Daily “brain breaks” for PreK–5

Extracurricular Activities and Sports

District 92 offers:

- Club D92
- D92 Athletic Association
- Girls on the Run
- Middle School Athletics (Grades 6–8):
 - Baseball, Softball
 - Cross Country, Track
 - Basketball, Volleyball
 - Cheerleading, Bowling, Golf

Physical Activity Promotion

District 92 promotes physical activity through various school-wide events and initiatives throughout the year.

Other School-Based Activities

To reinforce wellness goals beyond the gym and cafeteria, District 92 provides school-wide health and wellness opportunities such as:

- Midwest Great Apple Crunch
- Chef of the Day events